

SUPREME NUTRITION

PRE-WORKOUT
BLUE RASPBERRY FLAVOUR

400g e
20
SRV

SUPREME NUTRITION® PRE-WORKOUT

Supreme Nutrition® Pre-Workout is formulated to maximize your energy levels* and workouts. As an informed sport tested and certified supplement we have no hidden blends, just clean and core ingredients to get the best from your training sessions.

WHY The blend of Magnesium and caffeine contributes to a reduction of tiredness and fatigue* alongside an increase in alertness, concentration,** and importantly improved endurance performance***.

WHEN Supreme Nutrition® Pre-Workout should be taken 20-minutes prior to exercise, ideally with water. Do not consume less than 4-hours before sleep.

HOW For optimal use, mix one level scoop (20g daily) of Supreme Nutrition® Pre-Workout with 200ml of water. Increase or decrease to match your preference, shake well before consuming. It is recommended not to exceed a daily intake of 400 mg of caffeine from all sources (200 mg for pregnant or breast-feeding women).

www.supremenutrition.com

hello@supremenutrition.com

+44 (0)20 3205 7187

[@snsupremenutri](https://www.facebook.com/snsupremenutri)

[@supremenutrition](https://www.instagram.com/supremenutrition)

[@snsupremenutri](https://www.twitter.com/snsupremenutri)

INGREDIENTS

Branch Chain Amino Acids, Creatine Monohydrate, L-Citrulline Malate, AAKG (Arginine alpha-ketoglutarate), Taurine, Beta Alanine, Flavours, Magnesium Citrate, Sweetener (Sucralose), Caffeine, Pine Bark Extract, Colouring (Blue FCF).

FOOD SUPPLEMENT

Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of children.

* Magnesium contributes to normal energy-yielding metabolism and contributes to a reduction of tiredness and fatigue.

** Caffeine helps to increase alertness and improve concentration.

*** Caffeine contributes to an increase in endurance performance (Note: To deliver this effect 3mg/kg bodyweight of caffeine should be consumed following a 24hr hiatus from all other caffeine sources).

Caution: Contains pine bark. This product should be avoided during pregnancy and breastfeeding unless advised by a medical practitioner.

ALLERGEN ADVICE: None. Produced in a facility that handles milk, egg, soy and gluten. Suitable for vegetarians.

STORAGE: Store in a cool dry place.

Made in the UK for distribution by:
Supreme Nutrition®, Level 1, Devonshire House, One Mayfair Place, Mayfair, W1J 8AJ, UK

400g e (20 servings)

Blue raspberry flavour food supplement with caffeine, amino acids, magnesium and sweetener

INFORMED-CHOICE
Trusted by sport

INFORMED-SPORT
Trusted by sport

Nutrition Information	100g	20g serving
Serving Size: 1 level scoop (20g daily)		
Energy	1327kJ	265.4kJ
	314kcal	63kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	26.5g	5.3g
of which sugars	2.4g	0.5g
Fibre	8.3g	1.7g
Protein	51.6g	10.3g
Salt	0g	0g
Magnesium	290mg(77%)*	58mg(15%)*

Reference intake of average adult (8400 kJ / 2000 kcal)
*%RI= Reference Intake

Active Ingredient	Amount per serving
Instantised BCAAs	5000mg
Creatine Monohydrate	5000mg
Citrulline Malate	2770mg
AAKG	2000mg
Taurine	1500mg
Beta Alanine	1500mg
Magnesium Citrate	480mg
Caffeine	300mg
Pine Bark Extract	150mg

Best before:
See shoulder of the tub.